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# MONTHLY REPORT JANUARY 2026



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## CEO'S REPORT



**Dr. Asha Katoch (CEO)**

The New Year celebrations of January 2026 started with severe cold waves in Northern India, the states which were affected are Chandigarh, Punjab, Himachal Pradesh, Haryana, Leh Ladakh and Jammu Kashmir.

SWAD School is closed for its winter vacation.

The Medical team started the year by introducing the Child Activist Program in Dhanas where the children between the age of 6 years to 14 years of age. Health Promoters conduct quiz competitions on personal hygiene followed by games like Kho Kho etc. All children are rewarded with sweets and candies after the event. Children learn the importance of personal hygiene which is lacking in most of the residents living in Dhanas.

Lohri is an important festival of Punjab. It marks the coming of spring. It is celebrated in a big way. In this festival firewood is burnt like a bonfire, Indian sweets (*Rewari and chikki* made from sugar and jaggery, peanuts, Popcorns) are offered to the Fire goddess. The traditional songs for this occasion are

sung with dance around the firewood.

January 26th is Republic day. The SWAD School children did the activity by making a drawing of the Indian National flag. Later Bananas and fruity juice was distributed to all children.



## Lohri celebration at DIR



## Medical team started the Child Activist Program in Dhanas, Chandigarh



## Republic day celebration at DIR

### TWO SISTERS, ONE CHANCE, A BRIGHTER TOMORROW



**Ms. Veena**  
Field Coordinator  
(Incharge of the health status of this family)

Shrishty and Aradhya come from a poor family. Their father is a labourer on daily wages. There are days when he doesn't get work, he is struggling with life to make two ends meet. family residing in a single-room house in House No. 490, Janta Colony. The family lives in a single-room accommodation and has been residing there for the past 30 years. There are six siblings in the family. The elder brother and sister are married, and one sibling lives in Delhi with relatives. The three sisters currently staying in Janta Colony are Shrishty, Aradhya, and Radhika. Radhika is 16 years old and has completed Class 9. However, she had to discontinue her studies to take care of her younger sisters due to the family's financial difficulties. Their father works as a labourer, and their mother is employed at PGI Hospital. Owing to poor financial conditions, the parents were unable to provide proper education for their children, and the children often wandered in the streets.

After assessing their situation, DIR facilitated the admission of the two younger girls into the 'Alambana Project' at DIR SWAD School. Under the project, the children are now receiving education along with two nutritious meals a day,

breakfast and lunch, which include wholesome and balanced food items such as eggs for protein, bananas for energy and essential vitamins, lentils for iron and strength, along with fresh vegetables, rice, and chapati, ensuring a well-balanced diet that supports their physical growth, mental development, and overall well-being. Today, the children are healthier, more active, and confident. Their physical well-being has improved, and they are steadily progressing in their studies. The parents express deep gratitude for the opportunity that has positively transformed their daughters' lives.



**Shrishty and Aradhya**

## MEDICAL TRAINING

January is the height of winter, characterized by low temperatures, frequent foggy mornings, and reduced daylight hours. In our academic studies, we examined;

- ✧ The classification of kidney diseases, including acute kidney injury and chronic kidney disease, which represent sudden and progressive impairments of renal function, respectively.
- ✧ Various kidney-related disorders, such as kidney stones, renal infections, and urinary tract infections involving the kidneys were reviewed.
- ✧ Additionally, the nephron, identified as the fundamental structural and functional unit of the kidney, was introduced.
- ✧ In the context of early pregnancy, we reviewed common first-trimester symptoms, including nausea and vomiting (morning sickness), breast tenderness, and physiological increases in maternal pulse and heart rate due to cardiovascular adaptations in pregnancy. <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art-20047208>



Medical Training conducted by  
Dr. Anjana



Medical Training conducted by  
Dr. Anjana

## NUTRITION TRAINING

January marks the beginning of the new year, bringing colder temperatures and renewed focus on health and well being. During winter, metabolism may slow down, physical activity often decreases and craving for high calorie comfort foods increases. therefore, maintaining a balanced diet becomes essential to support immunity, maintain energy levels and prevent seasonal illness.

As a part of ongoing capacity building a nutritional training was conducted in January focus on two key areas, understanding emphasised the role of carbohydrates and importance of essential nutrients and their functions. The training emphasised the role of carbohydrates, protein, fats, vitamins, minerals, fibers and water in maintaining overall health.



A nutrition training programme conducted by Ms. Bhawana



A nutrition training programme conducted by Ms. Bhawana

## NUTRITIONAL DEMONSTRATION

### Ingredients:

- Spinach - 100g
- Peas - 50gm
- Potato - 100g
- Besan - 200G
- Ginger - 1 inch piece
- Garlic - 10 cloves
- Coriander leaves

**Method:** Hara Bhara Kababa is a nutritious and healthy snack. prepared using green leafy vegetables and pulses. Spinach and peas were blanched, excess water was drained out.

It is rich in fiber, protein, iron and antioxidants. This recipe is suitable as an appetizer or evening snack and can be included in weight management and balanced diet plans. It can be prepared by shallow frying to make it more healthier.

**Nutritional value per serving (Approx.) - 100g**

- Energy - 95Kcal
- Protein - 5.6g



Name of the Recipe: Hara Bhara Kabab



## ATTENDANCE REPORT OF CHILDREN UNDER THE NIPP PROGRAM FROM OUR ADOPTED AREAS

TOTAL	RED ZONE	YELLOW ZONE	GREEN ZONE
6	1	5	-



### Children of the project Alambana

- The progress report of the sponsored children, which includes the health status of the adopted child, is sent to each donor every month.
- A total of 20 children of the project Alambana (children of rag pickers) are sponsored. These children are also part of the NIPP program.

## DETAILED PROGRESS REPORT OF NIPP:

- The total attendance of NIPP in January was 24, comprising Alambana children, pregnant and lactating mothers and needy women.

## PROGRESS REPORT UNDER NIPP PROGRAM:

- One child gained weight.
- Five children showed no change in weight due to seasonal illnesses like cough and cold.

## TOTAL ADOPTED POPULATION IN JANTA COLONY AND DHANAS

	Janta Colony	Dhanas	TOTAL POPULATION
TOTAL POPULATION	9511	9731	19242
TOTAL MALES	4885	5293	10178
TOTAL FEMALES	4626	4438	9064
TOTAL NO. OF CHILDREN	516	531	1047

## STATISTICS OF THE MEDICAL PROJECT IN JANTA COLONY

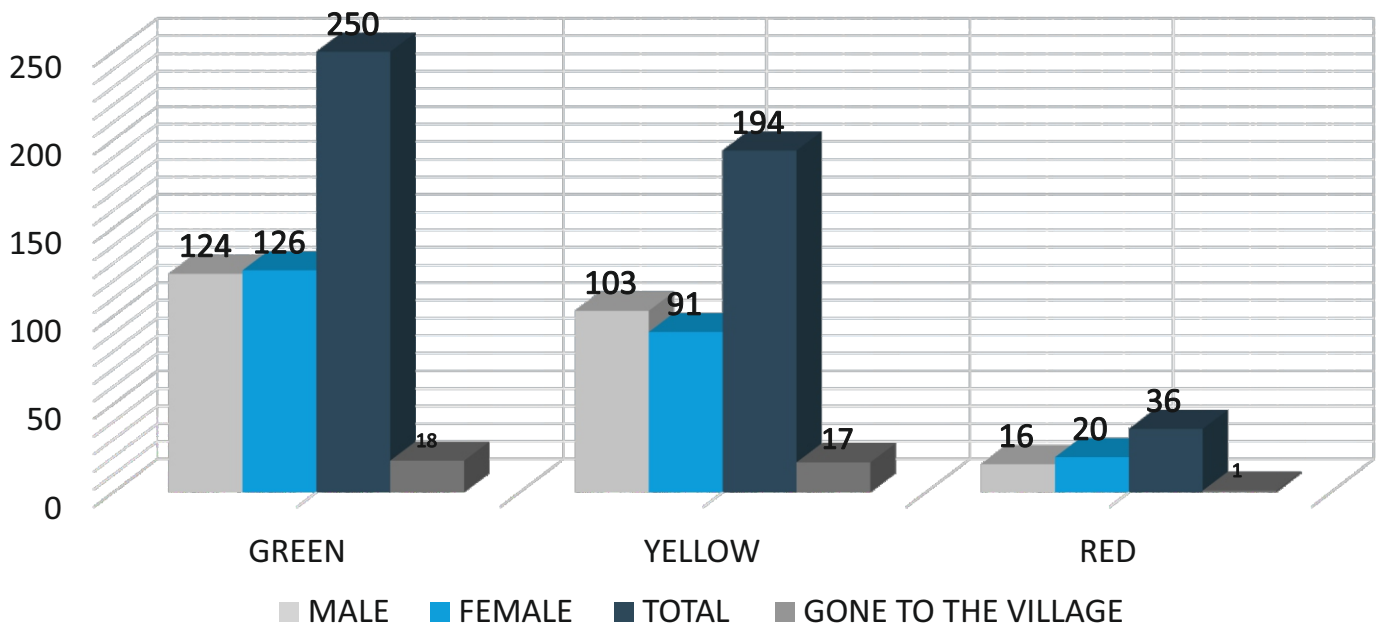
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	124	126	250	18
YELLOW ZONE	103	91	194	17
RED ZONE	16	20	36	01

Total number of children weighed in Janta Colony in the categories of Red, Yellow and Green Zone



Health promoters conducting growth monitoring for children in Janta Colony, (Naya Gaon) Pb

**Total number of children weighed in Janta Colony in the categories of Red, Yellow and Green Zone**



## STATISTICS OF THE MEDICAL PROJECT IN DHANAS

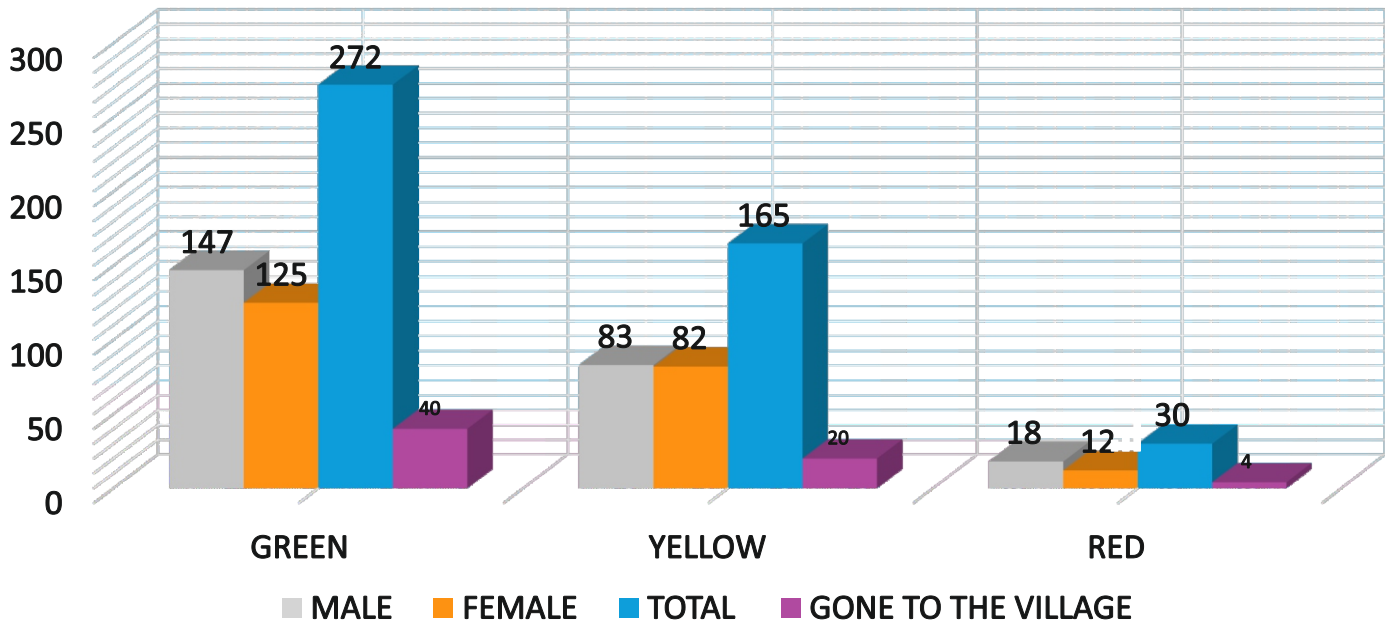
ZONE	MALE	FEMALE	TOTAL	GONE TO THE VILLAGE
GREEN ZONE	147	125	272	42
YELLOW ZONE	83	82	165	20
RED ZONE	18	12	30	04

In Janta colony, the number of cases in Green and Yellow zones showed a slight increase, reflecting a positive trend, while the Red zone experienced a modest rise, likely due to seasonal factors. Similarly, in Dhanas, Green and Yellow exhibited the same pattern, whereas the Red Zone saw a slight decrease which is also an encouraging development compared to the previous month.



Health promoters conducting growth monitoring for children in Dhanas, Chandigarh

## Total number of children weighed in Dhanas in the categories of Red, Yellow and Green Zone

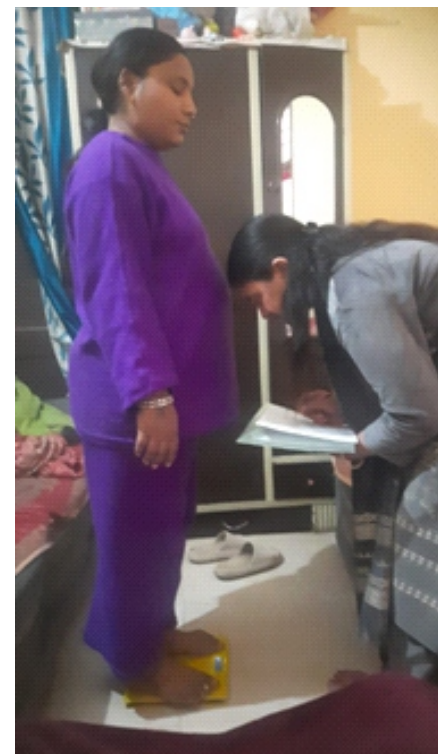


## STATISTICS OF THE MEDICAL PROJECT IN DHANAS

	JANTA COLONY	DHANAS	TOTAL
Total number of children in last month	509	5525	1034
Children permanently left	01	0	01
Total Deliveries	03	04	07
Children aged 5 years age	06	04	10
New families moved into the area on rent with children under five	11	08	19

## STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY AND DHANAS

Age (Months)	Janta Colony		Dhanas	
	Children	%Age	Children	%Age
0-12	3	0.6	3	0.6
13-24	5	1.0	04	0.7
25-35	5	1.0	09	1.7
36-48	07	1.3	5	0.9
49-60	16	3.1	9	1.7
Total Red Zone Children	37	7.2	34	6.4
Red Zone Children (Weighed)	36	7.0	30	5.6
Children not Weighed (gone to the Village)	01	0.2	4	0.8



## DETAILED STATISTICS OF RED ZONE CHILDREN IN JANTA COLONY

H.P.'s Name	Total Children	Red Zone	Weighted	Gone to Village	Weight Gain	Weight Loss	Same Weight	Rigid Families	Working Mothers	Floating Population	< 6 Mont
Banita	42	6	5	1	1	0	4	0	0	2	1
Dimple	50	3	3	0	0	1	2	0	0	0	0
Lata Gosain	47	3	3	0	1	1	1	0	0	2	0
Meenakshi	45	1	1	0	0	0	1	0	0	1	0
Kajal	41	2	2	0	2	0	0	0	0	0	0
Pooja	39	4	4	0	2	0	2	0	0	1	0
Lata Chandel	51	3	3	0	0	0	2	0	0	0	1
Sushma	40	3	3	0	1	1	1	0	0	1	0
Sunita	49	2	2	0	1	0	1	0	0	0	0
Veena	31	2	2	0	1	0	1	0	0	0	0
Sanjana	44	7	7	0	1	3	3	0	0	2	0
Meena	37	1	1	0	0	0	1	0	0	0	0



## DETAILED STATISTICS OF RED ZONE CHILDREN IN DHANAS, CHANDIGARH

H.P.'s Name	Total Children	Red Zone	Weighted	Gone to Village	Weight Gain	Weight Loss	Same Weight	Rigid Families	Working Mothers	Floating Population	< 6 Mont
Banita	52	4	4	0	0	0	3	0	0	0	1
Dimple	48	3	3	0	0	1	2	0	0	0	0
Lata Gosain	42	4	4	0	0	3	1	0	0	0	0
Meenakshi	37	1	1	0	1	0	0	0	0	0	0
Kajal	45	4	4	0	1	0	3	0	0	0	1
Pooja	49	3	3	0	2	0	1	0	0	0	0
Lata Chandel	50	6	3	3	1	0	1	0	1	0	1
Sushma	39	1	1	0	0	0	1	0	0	0	0
Sunita	41	2	2	0	0	1	1	0	1	0	0
Veena	51	0	0	0	0	0	0	0	0	0	0
Sanjana	46	5	4	1	3	0	1	0	0	0	0
Meena	31	1	1	0	0	1	0	0	0	0	0

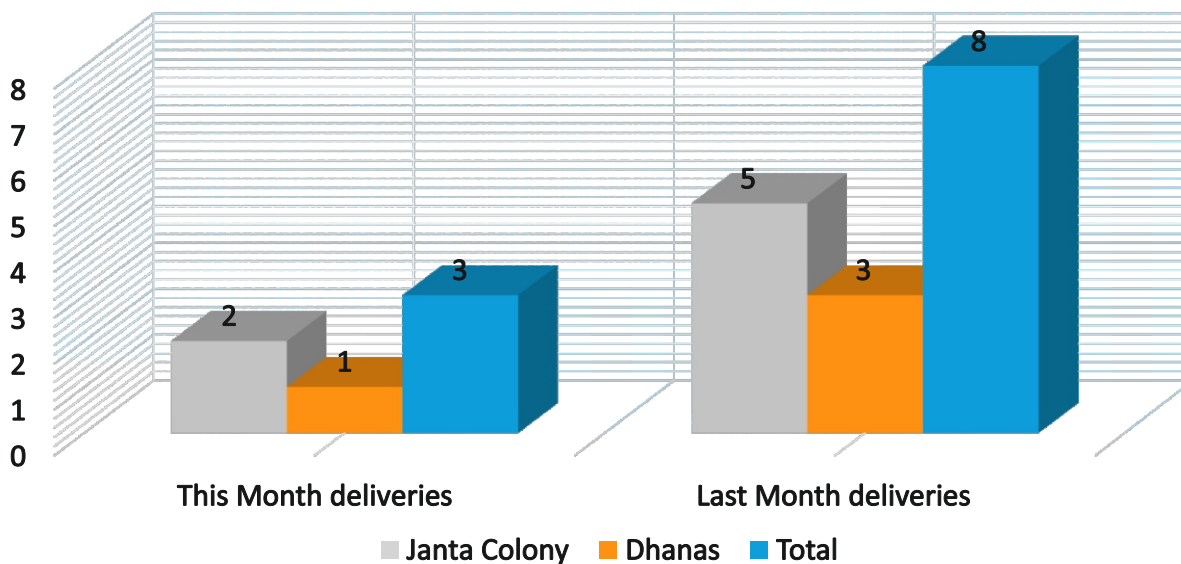
## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	JANTA COLONY	DHANAS VILLAGE	TOTAL
The number of pregnant women last month	23	17	40
Number of deliveries	3	4	7
Births	Male:03 Female:0	Male: 03 Female: 01	6 1

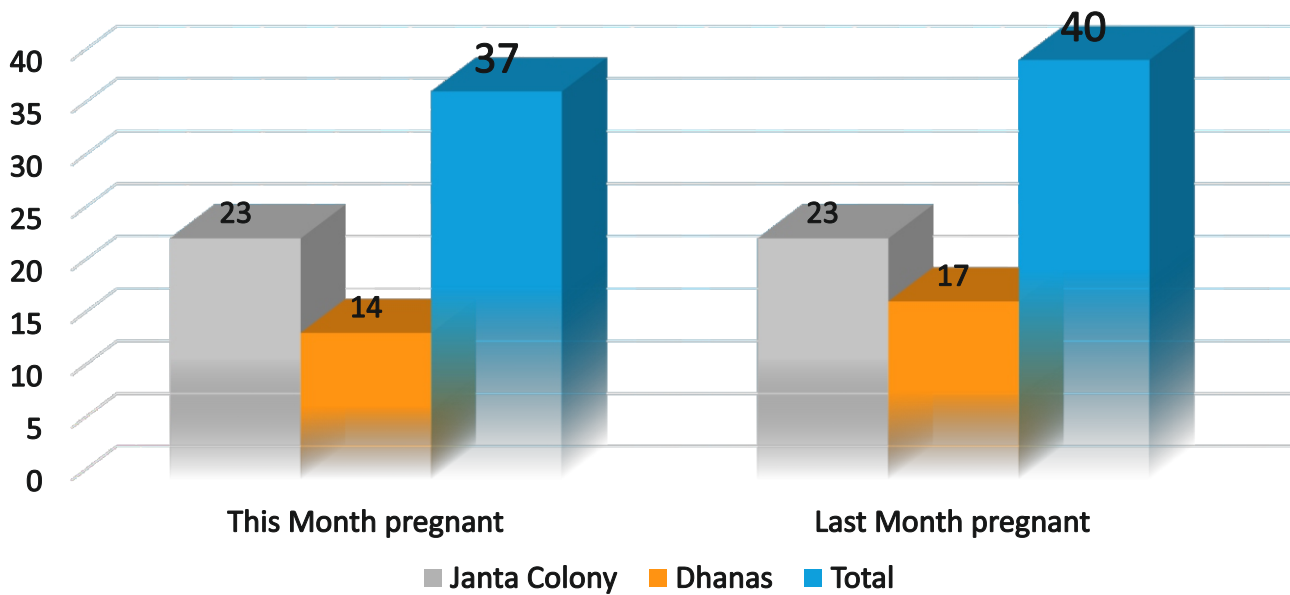
## STATISTICS OF PREGNANT MOTHERS AND NEWBORN

	JANTA COLONY	DHANAS VILLAGE	TOTAL
Mothers who left the Colony	1	0	1
Infant death	0	0	0
Miscarriages	0	0	0
Abortions	0	0	0
Newly Pregnant	3	1	04
Trimester	1st Trimester: 00 2nd Trimester: 09 3rd Trimester: 14	1st Trimester: 00 2nd Trimester: 02 3rd Trimester: 12	00 11 26
Number of Pregnant women this month	23	14	37

### Total number of Deliveries in Janta Colony and Dhanas



## Total number of pregnant women in Janta Colony and Dhanas



## DEATH DETAILS IN JANTA COLONY

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
Rosha Devi	65 years	Female	Asthama	Lakshmi
Satnarayan	90 years	Male	Natural Death	Kajal

## DEATH DETAILS IN DHANAS

NAME OF THE DECEASED	AGE OF DECEASED (YEARS)	GENDER	CAUSE OF DEATH	NAME OF THE HEALTH PROMOTER
-	-	-	-	-

## EDUCATION PROGRAM:



Rishi  
Class - Pre-Nursery

### SWAD SCHOOL PROGRESS REPORT:

**Rishi**, a student of the Pre-Nursery class, initially exhibited restless behavior in the classroom. He was hesitant to speak, his writing skills needed improvement, and he found it challenging to sit attentively during class activities. His class teacher then started helping him practise writing as well as oral skills. Gradually, there was a positive shift in Rishi's behaviour in the classroom. He also became more attentive and started participating actively in class activities. With the class teacher's regular support, he began speaking and writing confidently in class.

Class teacher- Mrs Preeti Uniyal



Aanvi  
Class - Nursery

### SWAD SCHOOL PROGRESS REPORT:

**Aanvi** is a loving, cheerful, and friendly nursery student who brings a positive attitude to the classroom. She enjoys participating in all class activities and is regular and punctual in coming to school. Initially, she faced some difficulties with her written work and often needed reminders, as she tended to forget things easily. The class teacher closely observed her needs and provided gentle guidance, encouraging her to participate more actively in both class and school activities. Regular communication with her parents also helped in supporting her learning at home. With consistent support and guidance, Aanvi has shown considerable improvement and is now able to complete her written work more independently and is making steady and happy progress in her learning journey.

Class teacher- Mrs Geeta Saini

### SWAD SCHOOL PROGRESS REPORT:



Navya  
Class - L.K.G

**Navya** is a new student in the LKG class at Swad School. At the beginning of the academic session, she faced some difficulties in writing and grasping new concepts. However, she showed remarkable determination and a positive attitude towards learning. She is very punctual and regular in attending school, which has greatly supported her progress. With continuous effort and consistent practice, she has improved significantly and is now learning at a much faster pace. Navya always tries to give her best in every activity and completes her tasks with sincerity. She is attentive in class and shows genuine dedication towards her studies. Her consistent efforts reflect a bright and promising future ahead.

Class teacher- Mrs Lata

## EDUCATION PROGRAM:



Harshita  
Class - U.K.G

### SWAD SCHOOL PROGRESS REPORT:

**Harshita** is a bright and active student in the U.K.G. class. She eagerly participates in every classroom activity and is one of the most enthusiastic students. Her presence adds life and energy to the class. At the beginning of the academic year, she used to make many mistakes while writing, especially in English and Hindi alphabets. To help her, the class teacher guided her to first pronounce each word by breaking it into smaller parts, then write it slowly in her notebook, and finally memorize it. The teacher also encouraged her to practice daily by writing in Hindi and English books. This consistent practice helped her gain confidence, and she gradually improved. Now, she writes without mistakes, all thanks to the dedicated support of her class teacher.

Class teacher- Mrs Saroj



Mahi  
Class - Alambana

**Mahi**, a student of the Alambana class, is a calm and shy girl. Earlier, she spoke very little in class, never participated in the morning assembly, and often hesitated to answer questions or take part in school activities. Noticing this, her class teacher gave her special attention and encouraged her to participate in speaking activities. She asked Mahi simple and friendly questions such as, "What is your name?", "How are you?", and "What do you like?" to help her feel comfortable. The teacher also motivated her to recite poems in class, offering continuous support and encouragement. With her teacher's support, Mahi gradually gained confidence. She now speaks freely, participates actively, and recites poems confidently in the morning assembly.

Class teacher- Miss Antima

## ACTIVITIES OF SWAD SCHOOL FOR THIS MONTH:



- ❖ On January 13th, SWAD students and staff enthusiastically participated in the Lohri celebration. Peanuts, rewaris, gazak, and popcorn were distributed to both students and staff on this day.



- ✧ On the occasion of Republic Day, i.e., January 26th, the students made tricoloured balloons out of paper. The CEO of the organization, Dr. Asha Katoch, distributed bananas and fruit juice to both students and staff.



### Republic day celebration at DIR

- ✧ Basant Panchami was celebrated on January 23rd with great enthusiasm at SWAD. On this occasion, the students showcased their creativity by making lotus flowers and veenas out of paper.
- ✧ They also participated in a fun and unique activity of creating sunflowers using forks, which added an innovative
- ✧ Additionally, the students enjoyed colouring various pictures, further expressing their artistic talents and making the festival a vibrant and engaging experience for everyone.



### The students enjoyed colouring various pictures

CLASS	BEST DRESSED	PUNCTUAL	BEST STUDENT	DISCIPLINED
PRE-NURSERY	MAAHI 	TRISHA 	ANSHIKA 	AYUSH 
	GARIMA 	NAMAN 	ADHYA 	KRITI 
	SHIVANSH 	NAKSH 	PARAMVEER 	KUNAL 
	GAURISH 	SATNAM 	HIMANSHI 	DAKSH 
ALAMBANA	ANSHIKA 	ANSH KUMAR 	NIYATI 	SANWALI 

## CHILD ACTIVIST PROGRAM

- ✧ This month, the Child Activist Programme (CAP) was initiated in Dhanas, conducted once a week. A team of health promoters held an activity class for 20 children aged 8 to 12 years, with both boys and girls participating.
- ✧ During the session, the children were educated about pneumonia, which is more common in winter because cold weather can weaken the body's defenses and germs spread easily when people stay indoors. The symptoms and preventive measures were explained in simple, easy-to-understand language.
- ✧ Along with disease awareness, the children played the game Kho-Kho. The CAP aims to improve physical fitness, boost mental alertness, and enhance quick decision-making. Additionally, it fosters social interaction and provides a low-cost activity that promotes overall health.



### The Child Activist Programme (CAP) initiated in Dhanas, Chandigarh

## DIR INDIA HIGHLIGHTS OF THE MONTH

- ✧ Lohri is a vibrant Punjabi festival in India that marks the harvest of winter crops with bonfires, folk songs, and joyful dancing. On 13th January, Lohri was celebrated with great enthusiasm. Our CEO, Dr. Asha Katoch initiated the festivities by lighting the sacred fire and distributing peanuts and rewaris among the staff. Sweaters were also distributed to the students by Dr. Asha, adding warmth and joy to the occasion.



### Lohri celebrated with great enthusiasm

- ✧ The Child Activist Program (CAP) was initiated in Dhanas, where children were addressed about the prevailing diseases in the community and taught simple prevention methods in easy to understand language. Alongside the awareness sessions, games were organized for the local children, which they thoroughly enjoyed, making the program both educational and entertaining.



## DIR INDIA BANK DETAILS

IN FAVOUR OF	DEVELOPING INDIGENOUS RESOURCES INDIA
BANK	STATE BANK OF INDIA
BRANCH	SECTOR-9, MADHYA MARG, CHANDIGARH-160009
ACCOUNT NO.	37375923235
RTGS / NEFT / IFSC	SBIN0018249
MICR CODE	160002091



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